

Interventions to Enhance Social Inclusion of Older Adults with Dementia in Saskatchewan

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SaskAbilities staff members Jackie, Tina and Myrna, met with SPHERU team members Akram and Michelle in Yorkton.

MESSAGE FROM THE PROJECT TEAM

Four sub-projects are currently underway and have made great progress over the past few months! We attribute this success to our Collaborating Organizations members' unique and diverse skill sets and backgrounds, a well-established community of practice, a high level of trust built among Collaborating Organizations and the Backbone Management Group, a history of collaboration among Collaborating Organizations in the region, and support of community influencers and champions. We are excited to share the success stories included in this issue of the newsletter and on our website: RuralDementiaSK.ca

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For more information, please visit:



RuralDementiaSK.ca



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MEETINGS IN YORKTON



Alzheimer Society of Saskatchewan

After meeting virtually on Zoom for over a year and a half, project team members Akram Mahani (Evaluation Coordinator) and Michelle Harazny (Project Coordinator) were thrilled to meet in person with members of Collaborating Organizations in Yorkton. They attended the Dementia Friendly gallery reception at the Godfrey Dean Art Gallery, and met with members of other Collaborating Organizations including Jackie Hofstrand at the Alzheimer Society of Saskatchewan.

(Left: Jackie and Michelle)

City of Yorkton

At the City of Yorkton, Lisa Washington and team have recently completed their *Public Indoor Facility Audit* on public facilities affiliated with the City of Yorkton.

Organizations in other cities and towns are looking to follow the example of this innovative initiative!
(Right: Akram, Michelle, and Lisa)



Parkland Valley Sport, Culture & Recreation District

At Parkland Valley, Sheila Hryniuk and Chelsey Johnson led a *Needs Assessment* in Yorkton to determine community needs, areas of priority, and gaps in services and supports. The project (completed in January 2021) laid a foundation for other initiatives.

(Left: Chelsey, Akram, and Sheila)



Jeff (GDAG), Jackie (ASOS), and Akram (SPHERU) at the gallery reception. Artwork (behind) by Melanie Monique Rose.

Dementia Friendly Gallery Reception & Project Launch:

Belong Where You Find Yourself

On November 14, the Godfrey Dean Art Gallery (GDAG) launched a new multi-year participatory art-making project called *Belong Where You Find Yourself*, which invites people living with dementia and their care partners from Yorkton, Melville, and surrounding rural areas to become artist-participants and share their stories. Throughout the next year, twelve artist-participants will collaborate with two

professional artists. The collective works will be presented as a three month visual art exhibition at the gallery and will be toured to local small towns in 2023. The Dementia Friendly Gallery Reception was coordinated by the Godfrey Dean Art Gallery and the Alzheimer Society of Saskatchewan (ASOS) as part of the Collective Impact project, *Dementia Supports in Rural Saskatchewan*. Attendees of the Dementia Friendly reception also had the opportunity to learn about supports and services offered by the Alzheimer Society in the area.



Interested in Participating?

Belong Where You Find Yourself is currently looking for artist-participants. If you would like to learn more about this project, email:

Jeff Morton, Director and Curator
Godfrey Dean Art Gallery
director@godfreydeanartgallery.ca

RaDAR Summit Online Presentations



The annual RaDAR Summit took place virtually on November 2 & 3 to connect people living with dementia, care partners, health care providers, administrators, researchers, Ministry of Health representatives, and the Alzheimer Society of Saskatchewan. Each Collaborating Organization of *Dementia Supports in Rural Saskatchewan* presented a pre-recorded video which was shared on the Summit's virtual platform. Summit attendees and presenters engaged in virtual chats and

video calls which provided a great opportunity for sharing resources and receiving insightful feedback.

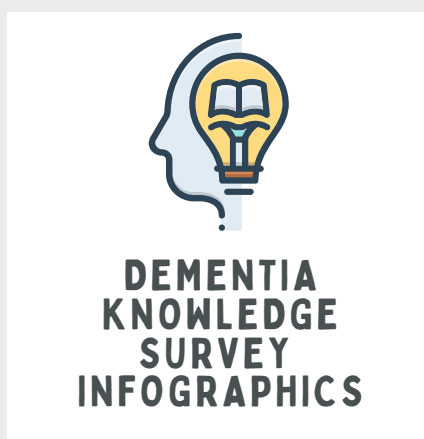
We would like to thank the Collaborating Organizations for presenting and participating in this year's RaDAR Summit. Their work touched and inspired a broad global audience. We would also like to thank the coordinators of the Summit for organizing a high-quality event which connected people who share a keen interest in rural dementia care from around the world. The pre-recorded videos made by team members of *Dementia Supports in Rural Saskatchewan* can be found on our project's YouTube channel:
<https://bit.ly/2ZnPQIE>



2nd Flyer Mailed

A second flyer was mailed to every household in Yorkton, Melville, and surrounding rural communities this summer. This flyer, designed by the Alzheimer Society of Saskatchewan, has information about the new *Dementia Friendly Life Enrichment Program* offered by SaskAbilities.

Survey Infographics Released



Read the infographics here:
<https://bit.ly/3r2Tz3r>

The Dementia Knowledge Survey Infographics illustrate findings from the Dementia Knowledge Survey Report. The infographics present key findings with information broken down by subgroups of age, gender and community

size, on topics such as: Self-rated knowledge levels of dementia and warning signs, Living well with dementia, Confidence interacting with someone with dementia, Fears related to developing dementia, and more.



Project Spotlight:

Dementia Friendly Life Enrichment Program

SaskAbilities is offering a new program to support individuals living with dementia and their care partners in Melville, Yorkton, Canora, Preeceville, and other communities in the region. Please see the flyer below for more details.

For More Info:

The *Dementia Friendly Life Enrichment Program* is currently looking for new clients. If you would like more information, please email:

Jackie Washenfelder
SaskAbilities
jwashenfelder@saskabilities.ca



DEMENTIA FRIENDLY LIFE ENRICHMENT PROGRAM

- Are you someone who is living with dementia?
- Are you a care partner or a family member of someone living with dementia?
- Do you live in Melville, Yorkton, Canora, Preeceville or other communities in the area?
- Would you benefit from having someone come and visit you in your home?
- Would you enjoy having a support person take you out into your community to enjoy activities such as going for lunch, attending a concert or participating in physical activities?



WE CAN HELP BY:

- Offering support and engagement through meaningful activity in your home or in your community
- Assisting you to connect with resources within your community
- Providing support to individuals experiencing dementia along with their care partners

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FOR MORE INFORMATION ABOUT THE DEMENTIA FRIENDLY LIFE ENRICHMENT PROGRAM CONTACT:

Jackie Washenfelder
Quality of Life Senior Supervisor
jwashenfelder@saskabilities.ca
TOLL FREE: 1.833.444.4126
MOBILE: 306.641.4000



Funded by the Government of
Canada's New Horizons for
Seniors Program



COLLECTIVE IMPACT: Our Newest Team Members

Jackie Hofstrand

Dementia Community Coordinator at Alzheimer Society of Saskatchewan

Jackie recently joined the Alzheimer Society of Saskatchewan team as Dementia Community Coordinator, working as part of the *Dementia Supports in Rural Saskatchewan* project. She is building connections in many communities and organizations in and around Yorkton and area. She is looking forward to working with them more.



Tina Pilloud

Dementia Friendly Life Enrichment Facilitator at SaskAbilities

Tina has spent the majority of her career working with individuals who are experiencing dementia and Alzheimer's disease. She recently became involved with SaskAbilities as a Dementia Friendly Facilitator. Tina finds her job incredibly rewarding, as she is assisting in providing a meaningful quality of life for those with dementia, as well as their care partners.



Myrna Schick

Dementia Friendly Life Enrichment Facilitator at SaskAbilities

Myrna has worked with Acquired Brain Injury clients for the past sixteen years as a Life Enrichment Facilitator. When the opportunity arose to embark on this exciting initiative at SaskAbilities with *Dementia Supports in Rural Saskatchewan*, she was up for the challenge. Myrna has the ability to work with people at all levels, to enhance their quality of life.



I. Impacts at the Individual Level

- Service delivery to 18 persons living with dementia and their care partners through SaskAbilities Dementia Friendly Life Enrichment program
- Life Enrichment program facilitators acting as referrals agents for care partners supporting them to navigate the complex and fragmented systems of care
- Trust built between Life Enrichment program facilitators and persons living with dementia and their care partners
- Satisfaction of persons living with dementia and their care partners with the services provided by the Life Enrichment program
- Building connections among people with lived experience in the region to support each other and share resources
- Care partners realizing the importance of self-care

II. Impacts at the Organizational, Institutional & Systems Level

- Referrals between collaborating organizations (Saskabilities, Alzheimer Society, Art Gallery) and other community organizations (e.g. health care, home care)
- Community organizations expressing interest in the project (e.g. libraries in **Canora** and **Esterhazy**, pharmacy in **Esterhazy**)
- Institutionalizing data collection and reporting by collaborating organizations (using the Alzheimer Society's database to enable more systematic data collection and reporting)
- Building capacity at collaborating organizations to implement best practices (hiring a communication expert by Alzheimer Society to implement the awareness campaign; hiring two artists by Art Gallery to meaningfully engage persons with lived experience)
- Institutionalization of collaborating organizations' programs (Alzheimer Society becoming a formal referral partner of SaskAbilities)
- Building a culture of mutual support among collaborating organizations (e.g. attending each other's events and contributing to each other's programs and activities) and other community organizations (SIGN offering office space to Alzheimer Society and SaskAbilities staff)

"Building a culture of mutual support..."

III. Impacts at the Community & Societal Level

A) Enhancing public awareness about dementia through:

- Sending mass ad-mails (Alzheimer Society), local newspaper ads, rack cards, and posters (Saskabilities and Alzheimer Society), blogs (Alzheimer Society)
- Hosting virtual ABC's of Dementia presentations within the former Sunrise Health Region
- In-person presentation of the projects (Life Enrichment program presenting to 30 people at a senior drop-in center in **Canora**)
- Touring across 13 communities in the region (Alzheimer Society)
- Building and expanding networks across community organizations and tapping into different community assets (e.g. reaching out to seniors drop-in centers, home care services, health system, libraries, and pharmacies)
- Mobilizing resources across community organizations (referrals made between collaborating organizations and other community organizations)

B) Reaching out to several communities in the region:

- Alzheimer Society summer community tour in 13 communities: **Bredenbury, Canora, Churchbridge, Esterhazy, Kamsack, Langenberg, Melville, Norquay, Preeceville, Pelly, Saltcoats, Stenen, Sturgis, Yorkton**
- SaskAbilities program reaching clients in 5 communities: **Canora, Esterhazy, Melville, Theodore, Yorkton**

C) Conducting needs assessment to determine community needs, areas of priority, and finding gaps in the services and supports (by Parkland Valley)

IV. Impacts at the Policy Level

- Project being presented and promoted at local legislative and policy making bodies (**Melville City Council**)
- Planning to use the audit program findings and recommendations in the City of Yorkton Capital Planning budget cycle for 2022
- Engagement of City of Yorkton's Mayor in the Community Table

**"Enhancing
public
awareness
about
dementia..."**



Featured Resource

Rural & Remote Memory Clinic

The focus of the Rural and Remote Memory Clinic is on diagnosis and management of atypical and complex cases of suspected dementia, where an interdisciplinary team assessment is most needed. The clinic is housed at the University of Saskatchewan, Saskatoon. To learn more, visit:
<https://bit.ly/3CQcoZQ>

COLLABORATING ORGANIZATIONS



BACKBONE ORGANIZATION

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Project Links



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